

Missouri Department of Health & Senior Services

Child & Adult Care Food Program

Snack Food Chart for Ages 1-18

Food Components & Food Items ¹	Ages		
	1-5	6-12	13-18 ² (At-Risk Afterschool Programs and Emergency Shelters)
Fluid Milk³	1 year old: Unflavored whole 2-5 year old: Unflavored low-fat (1%) or Unflavored fat-free (skim)	Unflavored low-fat (1%) or Unflavored/flavored fat-free (skim)	Unflavored low-fat (1%) or Unflavored/flavored fat-free (skim)
Milk	½ cup (4 oz.)	1 cup (8 oz.)	1 cup (8 oz.)
Meat/Meat Alternate			
Lean meat, poultry, fish; or	½ oz.	1 oz.	1 oz.
Cheese; or	½ oz.	1 oz.	1 oz.
Large egg; or	½ egg	½ egg	½ egg
Tofu, soy products, alternate protein product ⁴ ; or	½ oz.	1 oz.	1 oz.
Cooked dry beans, peas; or	⅛ cup	¼ cup	¼ cup
Yogurt, plain or unflavored unsweetened or sweetened ⁵ or ;	¼ cup (2 oz.)	½ cup (4 oz.)	½ cup (4 oz.)
Peanut butter, soy nut butter, other nut or seed butter; or	1 tbsp.	2 tbsp.	2 tbsp.
Peanuts, soy nuts, tree nuts, seeds	½ ounce	1 ounce	1 ounce
Vegetable⁶			
Vegetable	½ cup	¾ cup	¾ cup
Fruit⁶			
Fruit	½ cup	¾ cup	¾ cup
Grains⁷			
Whole grain-rich or enriched bread; or	½ oz. eq. (14 gm.)	1 oz. eq. (28 gm.)	1 oz. eq. (28 gm.)
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin; or	½ oz. eq.	1 oz. eq.	1 oz. eq.
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, pasta; or	½ oz. eq. (¼ cup-cooked, 14 gm.-dry)	1 oz. eq. (½ cup-cooked, 28 gm.-dry)	1 oz. eq. (½ cup-cooked, 28 gm.-dry)
Whole grain-rich, enriched or fortified ready-to-eat cereal ⁸	Flakes or Rounds Granola Puffed Cereal	½ oz. eq. (½ cup, 14 gm.) ½ oz. eq. (⅛ cup, 14 gm.) ½ oz. eq. (¾ cup, 14 gm.)	1 oz. eq. (1 cup, 28 gm.) 1 oz. eq. (¼ cup, 28 gm.) 1 oz. eq. (1¼ cup, 28 gm.)
*** USDA Using Ounce Equivalents for Grains in the CACFP worksheet ***			

- 1 Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
- 2 Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs for At-Risk Afterschool Programs and Emergency Shelters.
- 3 Must be unflavored whole milk for children age one. Must be unflavored fat-free (skim) or unflavored low-fat (1%) milk for children two through five years old. Must be unflavored fat-free (skim), unflavored low-fat (1%), or flavored fat-free (skim) milk for children six years old and older.
- 4 Alternate protein products must meet the requirements in Appendix A to Part 226.
- 5 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- 6 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- 7 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grain component with the exception of sweet crackers (e.g., graham crackers of any shape and animal crackers).
- 8 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.